

PRENATAL CLASSES

For the Obstetrical Patient

Offered through the

U. S. Naval Hospital, Camp Lester



Welcome to Pregnancy: All newly diagnosed pregnant patients attend this class. During this class we begin your OB record and provide you with the opportunity to discuss any of concerns about your pregnancy with a nurse. The last half of the class is a discussion of topics of interest including fetal growth and development, nutrition, the minor discomforts of pregnancy, sexuality, breast and bottle-feeding, safety measures, travel, introduction to community resources, and a review of prenatal care services.

Welcome to Pregnancy, Again: This class is designed for our newly diagnosed patient who has had a child already. During this class we begin your OB record and give you the chance to discuss any concerns you are having with your pregnancy with a nurse. The last half of the class is a discussion of the topics of interest during pregnancy.

Prepared Childbirth Class: These classes focus on preparing mothers-to-be and their coach for the childbirth experience. The purpose of the series is to reduce fears associated with childbirth by teaching the labor and birth process (including videos), pain control, unexpected outcomes, relaxation, coping techniques, postpartum period, and some newborn care. Remember to bring a pillow and wear comfortable clothing. Register for this class between 28th and 32nd week of pregnancy.

Sibling Class: This 1 hour class is designed to prepare your child for the birth of the newborn sibling. The children will watch a video about children adjusting to the birth of a sibling and learn some practical infant care. The class participates in a tour of L&D and Couplet Care

**To register for all of the above classes: Sign up in
the OB/GYN clinic or call 643-7267/7268.**